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I'M A LITTLE
BIT CURRENCY ...BUT METRO'S BIZ COLUMNIST
EXPLAINS INVESTING IN THIS
DIGITAL DOUGH CAN BE A
LITTLE BIT RISK 'N' ROLL **PAGE 7**

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**RED RIVER
COLLEGE**



A passerby looks up at Mondragon Bookstore and Coffee House's sign in the Exchange District Sunday. The café will close for good later this week. SHANE GIBSON/METRO

Mondragon café to pour its last cup

The final chapter.

After 18 years in the Exchange District, the activist bookstore and coffee shop is closing its doors on Jan. 26



SHANE GIBSON
shane.gibson@metronews.ca

Winnipeggers who like a little activism with their tofu and fair-trade coffee are going to have to find a new place to nosh.

After 18 years in the Exchange District, Mondragon Bookstore and Coffee House is shutting its doors for good this week.

"Next week will be our last week open," confirmed an email from the café Saturday. "We invite everyone

to come down and enjoy a classic veggie burger or southern fried sandwich."

While requests from Metro for further information on what led to the closure were not returned Sunday, reports in local media say a drop in book sales and mounting competition from other coffee houses in the neighbourhood have left the anarchist collective no other option.

Similarly, it was partly a drop in the sale of books that forced Aqua Books to close its doors on Garry Street in the summer of 2011.

Like Aqua Books, Mondragon was also a venue for musicians and speakers.

Mondragon will reportedly close for good Jan. 26, and the café said all books are selling at 66 per cent off until then.

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Jefferson area. Man in van spotted for second time

Police are warning parents and their kids to be on the lookout after a man in a van matching both the suspect and vehicle description of a man who offered candy to two girls in East Elmwood Tuesday approached a boy in the Jefferson area.

The nine-year-old was waiting for his school bus at Kingsbury and Aikins when a man approached and started asking him questions. The suspect walked to a black van when the boy's bus arrived.

Police said Friday the same suspect was seen by the boy's

mother and appeared to be watching the boy from a parked car while her son waited for his bus at the same corner the next morning.

Police said the suspect looks Asian and is approximately five-foot-four with a medium build.

The vehicle is described as a black dirty van with windows and sliding doors on both sides.

The description matches that of a man who tried to lure two girls into his van with candy near Keenleyside Street and Pike Crescent over the lunch hour Tuesday. **METRO**

Indecent act. Police release sketch of suspect

Winnipeg police have released a composite drawing of a suspect who allegedly exposed himself and performed an indecent act in front of a woman who he'd pulled up to and asked directions from in the Lakewood neighbourhood Monday. The 19-year-old woman was walking near Risbey Crescent and Peltier Avenue around 5:15 p.m. when the incident happened, and she fled unharmed, police said.

Police also released two pictures of the light blue, two-door truck the suspect was driving.



A composite sketch of the suspect.
CONTRIBUTED

The suspect is white, about 40, with buzzed brown hair. **METRO**

Teen. Police re-release alleged killer's name



Anthony McClements WINNIPEG POLICE

Police are taking the extra-rare step of re-releasing the name and picture of a teen suspect wanted on a Canada-wide warrant in connection to a brazen mid-day killing on a Winnipeg street last spring, a homicide that turned out to be a tragic case of mistaken identity.

The move is rare because the suspect, Anthony McClements, 18, was 17 at the time Nigel Dixon, 20, was shot and killed on April 2, and would normally be protected under the Young Offender Act.

And this isn't the first time investigators have obtained a court order authorizing the release of his identity — the same plea was made last May, when police believed McClements might have been hiding out in Toronto, Calgary, Red Deer or Vancouver.

Police believe the victim and a friend were approached by a group who accused them of being in a gang. The pair denied gang affiliation and walked away, and that's when police said they were chased down and shot.

McClements is white, five-foot-nine and 150 pounds, with short or shaved blond hair, facial acne and blue eyes. He has a tattoo on his right forearm that reads "Hustle to Live" and on his left forearm a tattoo that reads "Live to Hustle." **METRO**

Pallister charges event has partisan purpose

Byelection rules. PCs to file complaint over commemoration of women's vote

Manitoba Opposition Leader Brian Pallister did not back down Friday from criticism of an event commemorating women's right to vote.

Pallister said he plans to file a complaint with the provincial elections commissioner alleging an event planned by the Women's Advisory Council violates a ban on government advertising and announcements.

The advisory council has planned a reception at the legislature Jan. 28 to mark the 98th anniversary of when Manitoba women won the right to vote.

That's the same day that two provincial byelections are being

held. Provincial law forbids the governments and its agencies from making announcements during any election period.

The government has said the event is not an announcement and is simply a non-partisan gathering to mark an important historical milestone.

Liberal Leader Rona Bokhari said the Tories are politicizing a non-partisan event.

Pallister was undeterred. "Because the government has played fast and loose with the elections rules historically, we want to make sure they're not doing it now," he said.

"And it would be in the government's best interest, frankly, to make sure they're not abusing the election rules."

The Election Financing Act says a government department or Crown agency cannot "advertise or publish any information about its programs or ac-



PC leader Brian Pallister METRO FILE

tivities" during campaigns, but there are several exceptions such as public health emergencies.

For the Jan. 28 ceremony, the minister responsible for the status of women, Kerri Irvin-Ross, sent invitations to all legislature members. The invi-

tation said the event would be a one-hour celebration of "the 98th anniversary of women's suffrage in Manitoba."

Irvin-Ross said Friday the event is clearly not forbidden under the ban on government announcements.

THE CANADIAN PRESS

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 RED RIVER COLLEGE



Police investigate at 283 Andrews St. on Sunday afternoon and were still there by press deadline. SHANNON VAN RAES/FOR METRO

Cops investigate suspicious death on Andrews Street

Rooming house. Man claiming to be the victim's uncle identified the deceased as Justin Catcheway

A witness says police were investigating the death of his nephew at an Andrews Street house on Sunday.

Police were still on the scene Sunday evening at 283 Andrews St. in the William Whyte neighbourhood, inside a rooming house unit with the number two scratched on the



The Winnipeg Police forensics unit on Sunday.
SHANNON VAN RAES/FOR METRO

door.

A man claiming to be the victim's uncle identified the deceased as Justin Catcheway.

He said his nephew was young, loved football and said he wasn't into drugs, although he did drink.

It "would have taken two or three guys to do it to him," said the man.

Two other witnesses told Metro the house was a known drug den.

Winnipeg police confirmed late Sunday evening they are investigating a suspicious death, but would not call it a homicide, nor would they confirm the name of the deceased.

If it is a homicide, it would be the first homicide of 2014 in Winnipeg. **METRO**

Boy dies after being buried in snowbank

A nine-year-old boy who was dug out of a snowbank outside his home on Wednesday died over the weekend, according to neighbours. The boy had been playing and somehow became buried, one of his rescuers said Friday.

Cathy Kinsman was in her suburban home in the Fort Richmond neighbourhood of Winnipeg on Wednesday night when fellow neighbours came rushing to her door to ask for help.

"They were saying the little boy was stuck in the snow and they needed help to try to get him out," Kinsman said.

"So we all put on our coats and ran outside and (started) digging, digging, digging away. He was pretty much buried on his chest and his legs, so we all just dug with our hands and whatever to get him out."

The adults brought the unconscious boy indoors and started performing CPR until paramedics arrived

Quoted

"He was pretty much buried on his chest and his legs, so we all just dug with our hands and whatever to get him out."

Cathy Kinsman
One of the neighbours who helped get the boy out of the snowbank

several minutes later and rushed him to hospital, she said.

Police confirmed Friday the boy had become trapped in the snow. They said it was unclear whether he had been digging a tunnel or doing something else. They said he was taken to hospital in critical condition.

Neighbours confirmed to local blog ChrisD.ca that the boy died on the weekend.

Such cases are uncommon but not unheard of. A snow fort or tunnel can look sturdy but can collapse and trap people underneath, said the head of a Winnipeg-

based survival school.

"If you're lying flat in there, head first, and several feet of densely packed snow fall on you, it could pin you," said Dave MacDonald, a former search-and-rescue technician who runs the International Canadian School of Survival.

People can also become disoriented and have trouble breathing under heavy snow, he said.

Kinsman said neighbours are rallying around the boy's family members. She did not want to identify them — neither did police — but said they were new to Canada.

"He's a lovely little boy. He loves to play outside, especially to be in the snow. I think that was new for him," said Kinsman, who didn't say where they were from.

"He was learning English, and his mom as well, and trying to learn about being in Canada. Just a nice family." **THE CANADIAN PRESS**

JOYS OF BEING A DOG OWNER



WHAT'S GOOD

Ace Burpee
winnipeg@metronews.ca

So, in the past seven days, the following things have happened:

I backed into not one, nope, but two garbage and recycling bins. Different places, same day.

I spilled coffee on a white article of clothing two of the five days I drove to work in the early morning this week.

I got some sort of notice in the mail about screwing something up on my taxes last year. I have no idea what any of it means, except the final sentence, the one that says I now owe a bunch of money to the government, more than enough to cancel any winter vacation plans.

Also this week, I had to read the always good-mood killing things people decide to randomly write about you on Twitter.

Oh, and I had a brilliant plan

to make a bunch of chicken breasts and put them in the fridge, so I had meals for the week like a mature adult. I, of course, forgot they were in the oven, went and played hockey, and came back to find the tiniest, most shriveled, most rock solid chicken breasts ever seen in the history of the world.

Yet, this was one of the best weeks of my life. Like, ever. I got a dog. I'm fostering her. Her name is Baylee, and because of her, the above couldn't bother me less.

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Harper hailed as 'a great friend of Israel' during lavish welcome

Mideast trip. PM will address Knesset, meet with the president of the Palestinian authority and also visit Jordan during his six-day visit

Prime Minister Stephen Harper basked in a hero's welcome in Israel Sunday as he arrived for his inaugural visit to the Middle East, taking in a mountaintop view of Old Jerusalem before his Israeli counterpart literally rolled out the red carpet.

Harper is "a great friend of Israel and the Jewish people," Prime Minister Benjamin Netanyahu said at an elaborate welcome ceremony for Harper held inside a tent pitched outside his office that featured the two leaders reviewing an honour guard as a military band played. The two men greeted a

Details

- Harper is travelling with six cabinet ministers, a senator, 30 business executives, 21 rabbis and a priest.
- Harper will be the first Canadian prime minister ever to address the Knesset.

receiving line of high-ranking Israeli and Canadian ministers, diplomats and rabbis from both countries. Netanyahu told the reception that Harper has shown "great moral leadership" in fighting terrorism and taking a stand against anti-Semitism and Iran, telling Harper he's "shown courage, clarity and conviction."

After beaming through Netanyahu's praise, Harper strode to the podium to say he was de-



Prime Minister Stephen Harper meets with Israeli Prime Minister Benjamin Netanyahu in Jerusalem on Sunday. While in the Middle East, Harper will visit Israel, the West Bank and Jordan. SEAN KILPATRICK/THE CANADIAN PRESS

lighted to be in Israel, adding he'd save further comments for his speech to the Knesset,

Israel's parliament, on Monday.

That historic address comes

after Harper travels to Ramallah for a meeting with Palestinian Authority President

Mahmoud Abbas. He'll also visit Jordan at the end of the six-day visit. THE CANADIAN PRESS



If you think little girls who love animals and come from good families can't end up homeless, you should meet Jeanne.

(Jeanne, homeless for 3 years)



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Marijuana. Obama: Pot a 'waste of time' but no more dangerous than alcohol

U.S. President Barack Obama said he doesn't think marijuana is more dangerous than alcohol "in terms of its impact on the individual consumer."

"As has been well documented, I smoked pot as a kid, and I view it as a bad habit and a vice, not very different from the cigarettes that I smoked as a young person up through a big chunk of my adult life. I don't think it is more dangerous than alcohol," he said in an interview with The New Yorker.

Smoking marijuana is "not something I encourage, and I've told my daughters I think it's a bad idea, a waste of time, not very healthy," Obama said.

Obama's administration has given states permission to experiment with marijuana regulation, and laws passed in Colorado and Washington legalizing marijuana recently went into effect. The president said it was important for the legalization of marijuana to go forward in those states to avoid a situation in which only a few are punished while a large portion of people have broken the law



U.S. President Barack Obama speaks in Washington on Friday. CAROLYN KASTER/THE ASSOCIATED PRESS

at one time or another.

The president said he is troubled at the disproportionate number of arrests and imprisonments of minorities for marijuana use. "Middle-class kids don't get locked up for smoking pot, and poor kids do," he said. "And African-American kids and Latino kids are more likely to be poor and less likely to have the resources and the support to avoid unduly harsh penalties."

THE ASSOCIATED PRESS

Q4 fundraising

Tories raise \$5.2M to Liberals' \$4.3M

The Conservatives easily defended their position as top political fundraisers last year, taking in \$5.2 million in the final quarter of 2013.

Party president John Walsh told supporters in an email Sunday that the party had its best fourth quarter ever in a non-election year.

The Liberals had hoped to overtake the Tories during that last three-month stretch, but came in at \$4.3 million.

THE CANADIAN PRESS

Webbing Ball

Spidey Cyruses twerk for mates

Think Miley Cyrus, but with more legs. Black widow spiders use jittery, abdominal movements not unlike twerking, the hip-shaking dance move made famous by Cyrus, to navigate the dangerous world of arachnid mating, according to a newly published study from a team of B.C. researchers.

THE CANADIAN PRESS

Anti-protest laws in Kyiv lead to clashes with police

New mass disorder charges invoked. Ukrainian ministry says convictions could bring prison sentences of up to 15 years

Thousands of anti-government demonstrators clashed for hours with riot police in Ukraine's capital Sunday, attacking officers with sticks, stones and flares after new laws were passed to stifle protests. Dozens of people, including more than 20 police officers, were injured.

The protesters, many wearing hard hats and gas masks in defiance of the new legislation, also used stun grenades and fire extinguishers on officers. A police bus was set on fire, and some activists broke pavement into

chunks.

Police responded by using tear gas and stun grenades of their own. Water cannons were also fired at the protesters in temperatures of -8 C, but the clashes continued.

The violence seriously escalated Ukraine's political crisis, which erupted two months ago after President Viktor Yanukovich's decision to freeze ties with the European Union and seek a huge bailout from Russia.

The decision set off round-the-clock protests in Kyiv's centre, where demonstrators built a large tent camp. The protests have been mostly peaceful, but anger rose sharply after Yanukovich on Friday approved laws sharply limiting Ukrainians' rights to protest, civic activism and free speech. The U.S. called that legislation "undemocratic."

THE ASSOCIATED PRESS



Opposition leader and former WBC heavyweight boxing champion Vitali Klitschko, centre, is attacked and sprayed with a fire extinguisher as he tries to stop the clash between police and protesters in central Kyiv, Ukraine, Sunday.

EFREM LUKATSKY/THE ASSOCIATED PRESS

Moscow

Video posted by militant group threatens the Sochi Olympics

An Islamic militant group in Russia's North Caucasus has claimed responsibility for twin suicide bombings in the southern city of Volgograd last month and posted a video threatening to strike the 2014 Winter Olympics in Sochi. There had been no previous claim of responsibility for the bombings, which killed 34 people and heightened security fears before next month's Olympics. In the video, two Russian-speaking men sitting in front of black banners with Arabic verses warn President Vladimir Putin that if the games are held, "we will give you a present for the innocent Muslim blood being spilled all around the world." They add that "for the tourists who come there will be a present too." The video was posted Sunday on the website of the militant group Vilayat Dagestan.

THE ASSOCIATED PRESS

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Landowners plot death of Keystone

Nebraska. Anti-pipeline coalition all smiles after John Kerry shot down Canada's plea for speed

Nebraska pipeline opponents toasted news over the week-end that the Canadian government might be kept waiting longer for a decision on the Keystone XL project.

A group of anti-pipeline landowners discussed strategy at a fairground near the epicentre of the Keystone battle.

The holdouts are suing their state government, seeking to overturn a bill that allows the governor to force them to let TransCanada use their land.

Should they be forced to settle, they hope to extract better contract terms.

However, the landowners are also training a steady

Majority

Landowners in nearly every state on the pipeline path have already signed deals with TransCanada, the company spearheading the Alberta-to-Texas project.

- Even two-thirds of those in Nebraska have agreed to terms.

gaze on Washington in the hope the U.S. government simply rejects the long-delayed project.

They loved what they saw last week, as U.S. Secretary of State John Kerry slapped down a Canadian request for a decision soon.

He made the remarks while standing next to Canada's foreign affairs minister, John Baird, who had used a three-day trip to Washington to express exasperation over

the project's repeated, years-long delays and demand a decision in time for the 2014 construction season.

One activist called that reaction significant.

She said Kerry, who was known as a climate-change fighter when he was a congressman, had been pretty quiet on Keystone since he took over the department leading the regulatory process.

"He has actually been silent on the issue. So the first time that we've actually heard from him was this week. So it was huge news," said Jane Kleeb, a longtime Democratic party activist who is working to organize landowners against the project.

"That was really reassuring to us. Because we think the proper water studies haven't been done. There's a whole list of things."

THE CANADIAN PRESS



Protest marred by grenades

Anti-government protesters block traffic during a march in Bangkok. Two explosions shook an anti-government demonstration in Thailand's capital on Sunday, wounding at least 28 people as the nation's volatile political crisis drags on. JOHN MINCHILLO/THE ASSOCIATED PRESS

Egypt

'Slaughter' remark misunderstood?

A former Egyptian lawmaker who threatened on a popular TV show that Americans would be "slaughtered in their homes" if an attempt is made on the life of the country's military chief recanted on Sunday, saying his comments were misconstrued. Mostafa Bakry based his Jan. 13 comments on what he called a conspiracy led by the U.S. THE ASSOCIATED PRESS

Chemical weapons

Israel pulls plug on gas masks

Israel has decided to stop issuing gas masks to the public after concluding the threat of chemical attack is low.

Just a few months ago, Israelis were rushing to distribution centres after chemical weapons were fired at rebel-held areas in neighbouring Syria.

THE ASSOCIATED PRESS

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Buyer beware: The bitcoin bonanza



HOW TO ROLL
Allison Griffiths
metronews.ca

Is it currency, speculation, a black-market tool or an investment? Bitcoins are actually all four. For those who bought the cyber- or crypto-currency in 2011 at \$0.30 US per unit, or even early last year when the price had jumped to \$13, it's been a whale of a deal. Today, a single bitcoin is worth \$866.

Some merchants are attracted to bitcoins because transaction fees are lower than with credit cards. Another virtue is that they can be converted to local currency within 24 hours, which may appeal to travelers (changing currency can be an expensive nuisance,

and using a Canadian credit or debit card in other countries racks up exchange fees).

Many traditional merchants are now advertising that they accept bitcoins in a push to draw customers. However, if digi-money takes hold, it will likely be through online retailers such as recent convert Overstock.com.

A recent Montreal Economic Institute paper noted that because bitcoin is both a payment method and currency, it could become an international platform for many banking services.

Still, without government oversight to reduce speculation, volatility and fraud, bitcoins are too easily tainted. Thefts of the digital money, which have been on the increase worldwide, and the 2011 shut-

Risky business

Buy the cyber-currency at your own risk.

- While physical bitcoins exist, they're mainly for collectors. A bitcoin wallet is like a virtual bank account with token-like credits purchased for cash. There is no personal identification attached to the wallet, just a bunch of computer codes.
- The currency is available through an increasing array of bitcoin exchanges or in private transactions
- There are now bitcoin ATMs popping up across Canada (in Toronto, Vancouver and Ottawa, with more on the way) where cash gets you digital dough.
- If lost, stolen by hackers or left on your recycled old smartphone or tablet, kiss the currency goodbye.

where a bitcoin holder transfers them into your "wallet" in return for payment.

down of the illicit drug site Silk Road cast a pall over the currency.

Nonetheless, there are predictions that a single

unit will be worth as much as \$100,000 one day soon. If you dip your toe in, recognize that the bitcoin world is still high-wire risky.

A dream derailed

Streets named after MLK struggle to rise above urban blight

Nearly three decades into the observance of Monday's holiday in America honouring the slain civil rights leader, the continuing decline of

the most visible symbols of Rev. Martin Luther King Jr.'s work has activists calling for a renewed commitment to the more than 900 streets in the U.S. named in the Atlanta native's honour.

The effort centres in St. Louis, where a non-profit is working to reclaim MLK roadways as a source of pride.

THE ASSOCIATED PRESS

Mined controversy

Neil Young wraps up anti-oilsands concert series

Canadian rocker Neil Young said Sunday in Calgary his Honour the Treaties tour accomplished what it set out to do, sur-

passing its fundraising goal for a Northern Alberta First Nation fighting oilsands development and raising awareness of the broader issue of aboriginal rights.

The veteran rocker garnered considerable publicity with his fundraising tour and generated considerable debate.

THE CANADIAN PRESS

Interest rate news

Loonie's nosedive could continue

The Canadian dollar, already the worst performing primary currency, could be in for even more downward pressure depending on what the Bank of Canada says at its scheduled interest rate

announcement Wednesday.

There is no doubt the central bank will keep its key rate at one per cent, where it's been since September 2010. But the central bank's dovish stance on rates has helped push the currency down almost three cents since the start of the year to September 2009 levels.

THE CANADIAN PRESS



A sign on the front door of a bar in Australia tells customers bitcoins are accepted. Many merchants are embracing the digital-currency craze. GETTY IMAGES FILE

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OUTSOURCING RESPONSIBILITY

The already massively over budget police headquarters could get a couple of hundred thousand dollars more expensive as council appears ready to reverse an earlier decision not to order an external audit into the project.

While some are praising council for doing "the responsible thing," this actually seems like another way of avoiding responsibility altogether.

Having failed to sweep the issue under the rug — granted, that would have been one hell of a big rug — council is now going to bring in an auditor to ask questions about how the project swelled to \$75 million over its initial budget and who authorized proceeding with construction before designs were complete.

Yes, council needs to know the answers to those questions, but why can't it ask the questions itself?

With a majority of councillors, and maybe even the mayor, now supporting an additional investigation, shouldn't that be



URBAN COMPASS

Colin Fast

winnipeg@metronews.ca

enough to compel bureaucrats and hired project managers to provide a thorough explanation of what went wrong with this project?

And if they can't or won't answer council's questions, then senior officials should be fired. That's not an attack on the administration, it's just a basic reality of a workplace. When your boss demands basic information about your work and you refuse to provide it, then you should grab a cardboard box and head for the exit.

Hopefully it wouldn't come to that if council actually got the nerve to put its foot down and demand answers right away. But instead we'll wait another year (past the next civic election) and spend another pile of cash to get to the same

truth.

Many councillors say they've changed their minds because of public pressure. But do they actually think the public understands what an audit is all about, or genuinely cares whether the

matter is investigated by outside sources?

Most people don't understand the basic structure of decision making at city hall, much less how and why an auditor would be called in to investigate that process. They just want to know how this project got so screwed up.

And besides, it's not really the job of a councillor to simply give the public what it wants. We all want to pay lower taxes, drive on smooth-as-glass roads, play at the most modern recreation centres, and have people run around the streets with buckets catching snowflakes before they hit the ground. Some even want to build laser pyramids and install hot tubs at Portage and Main.

But the city can't afford all that, so council's real job is to listen to the public's concerns and make difficult decisions about how and where to spend public funds. And paying an auditor to do your job doesn't always seem like the wisest investment.

Yes, there's a public confidence issue at city hall. But if councillors really want to restore trust, they should demonstrate they're capable of asking hard questions and making tough decisions, instead of outsourcing responsibility.

ZOOM

Yet another weird festival in Spain



BLAZQUEZ DOMINGUEZ/GETTY IMAGES

This one involves throwing turnips

A man throws a turnip at the Jaramplas as he makes his way through the streets beating his drum during the Jaramplas Festival on Sunday in Piornal, Spain.

The centuries old Jaramplas festival takes place annually every January 19 to 20 on Saint Sebastian Day. Every year one citizen is chosen to be the scape goat, and participants then hurl turnips and snowballs at them. This year they expect

to use more than 20,000 kilograms of turnips.

Even though the exact origins of the festival are not known, various theories exist including the mythological punishment of Caco by Hercules, a relation to ceremonies celebrated by

the American Indians that were seen by the first conquerors, to a cattle thief ridiculed and expelled by his village neighbours.

It is generally believed to symbolize the expulsion of everything bad.

GETTY IMAGES

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LUKE SIMCOE
Metro Online

Back in the days of dial-up modems and cellular phones the size of bricks, people had to rely on their own willpower to break bad habits like smoking or tardiness. Fortunately, in our disruptive, technologically-enabled world, we can now get an assist from our smartphones when tackling character flaws and other foibles. Whether you suffer from vertical-video syndrome or can't stop hitting the snooze button, here are a few app suggestions for self-betterment:

Carrot:

Billed as a sentient, talking alarm clock, Carrot is more like a surly version of Apple's Siri. Carrot will reward you for completing tasks on your to-do list, but the app isn't afraid to berate you if it thinks you're slacking off. (meetcarrot.com)

Using the phone's built-in accelerometer, it forces you to walk a few steps before it shuts off. It helps that the app's alarm noises are restricted to a screaming male or female voice. (iTunes store)

Horizon:

Vertical video syndrome, or VVS for short, is the scourge of amateur videographers and YouTube fans alike. Fortunately, the viral video faux-pas has met its match in Horizon, a new app that forces your camera to shoot horizontal video no matter how you hold your phone. (evilwindowdog.com/horizon)

Walk Up:

This handy iPhone app helps you beat back the allure of the snooze button.



CONTRIBUTED

Twitter



@phronk: I'd say @MsMorganSmith is my favourite person in television.

@metropicks asked: What do you think of the redhead in the new Wendy's commercials? Love or hate her?

@sakuragirl13: All I know is that I've NEVER seen her take an actual bite of the food she's holding...

@fakeGAINER: All "No Smoking" signs come down when she's dining in because she is SMOKING hot baby! #wendys #hotredhead

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: winnipegletters@metronews.ca

When you're the woman for Wendy's

Morgan Smith.

Actress who plays chain's red-headed spokeswoman thinks gingers need to be given more credit

CYNTHIA
BIGRIGG

scene@metronews.ca

What has red hair, freckles, is quick to burn in the sun and lacks a soul?

If you answered "a ginger," the new Wendy's girl wants you to reconsider.

"I think redheads get a lot of attention because they're few and far between," said actress Morgan Smith, star of the Wendy's commercials and a natural dark blond.

"They're kind of like the unicorns of modern day society.

"I don't want to seem hypocritical, because I'm not a natural redhead," she added.

"I think we have to give them a bit more credit and stop picking on them, because they are fascinating creatures."

The 29-year-old small-town Alabama native credits Danny Kaye, Judy Garland and Lucille Ball — all red-haired actors — with inspiring her to get into acting.

"I was four years old, acting out the Wizard of Oz in our living room, so my love for it started then," said Smith.

Admittedly shy as a child, Smith discovered at an early age that acting brought her out of her shell and gave her a way to express herself.

With three red-headed performers as role models, it's little wonder Smith jumped at the opportunity to colour her locks a fiery red and become an honorary ginger for her role in the most recent Wendy's commercials.

In the commercials, Smith plays a sassy, fun, good-natured young woman, enticing everyone from her co-workers to strangers in a grocery store



Morgan Smith is the perky redhead in the Wendy's commercials. CONTRIBUTED

to try Wendy's products. Her humorous and likeable character has captivated audiences across North America.

"It was a big job," Smith said of the audition process. "I never thought: 'Oh, I got this.' I was just crossing fingers and toes and hoping that I was able to do my best there.

"It's given me a ton of exposure.

"You have to be forever grateful and very flattered when a company will trust you with their brand.

"So I don't take it lightly."

With the commercials Smith stars in being heavily circulated, she has received big-time attention — positive and negative — online.

Websites idolizing the actress are abundant, but others, such as the 'I hate the Wendy's Girl' Facebook page, are also prevalent.

"I try not to let it affect

me at all. I try to just live my life like the same ol' Morgan," the actress said of the sites that are dedicated to her.

"I had no idea people would be so opinionated over a 30-second ad. I think the Internet has given people a forum to say whatever they want without consequence.

"If that's something they want to put their time into, I appreciate the positive, and I'll take the negative with a grain of salt," she said.

"I know it's out there, I'm well aware.

"Nobody is universally liked, so it's all about perspective."

Mum's the word on what is next for the actress.

"I'm still working on some other stuff," she said.

"Some really interesting things have presented themselves, we're just looking for the right opportunity."

Opinion



Morgan Smith has become a bit of an Internet star.

CONTRIBUTED

On the web of fame...

In 2012, documentarians Ian Roumain and Michael Schwartz featured 16 lesser-known male actors who worked in film for a long time. You wouldn't know their names, but you have — without question — seen their work, recognizing them as, That Guy ... Who Was In That Thing (also the name of the documentary). You might have the same reaction if you ran into Morgan Smith, the current face of Wendy's advertising campaigns. But, here's the thing: she's also Internet famous. Anyone can publish an opinion online, and they're talking a lot about Smith, predominantly known for pimping burgers and fries in 30-second spots for Wendy's. Diatribes like An Open Letter To Wendy's, on the Advertising By Design blog, feature a 500-plus word essay from Meagan McNulty on why Smith just isn't working for her, while PolicyMic has an article titled 3 Reasons Why Dating the Wendy's Girl Would Suck. If you're wondering why so many have so much to say about Smith, look no further than Arianna Huffington's take on why The Huffington Post's popularity continues to grow: "Self-expression is the new entertainment," she says. People have always had an innate desire to express their views and the Internet made it happen. In a world where everyone is a publisher, those 30-second spots are getting Smith (and others) more than their 15 minutes of fame.

MITCH JOEL IS PRESIDENT OF TWIST IMAGE AND AUTHOR OF SIX PIXELS OF SEPARATION. HIS NEW BOOK CTRL ALT DELETE IS IN BOOKSTORES NOW.

Small-town Smith

- Morgan Smith says she always knew she wanted to move to New York City and perform. Despite years of preparation, culture shock still struck when she arrived in The Big Apple. "It was a bit intimidating. I don't think there is anywhere else in the United States where you are surrounded by as many people as you are on a New York subway platform." Fortunately, she's been able to put her small-town values to good use in the big city. "Living in a small community where everyone is very connected, everyone knows each other — that has just kept me grounded. That's the one thing I could apply when I got up here, not getting sucked into the craziness of the city."

2 SCENE

Pop Goes the Week

Ke\$ha and mom spend time together



STARGAZING
Malene Arpe
scene@metronews.ca

Ke\$ha's mother checked into the same rehab as her daughter. "Well, good," said the rehab counsellor. "There's one less pesky issue I have to waste my time getting to the bottom of."

Oprah is apparently shocked and surprised that working with Lindsay Lohan has been difficult. Staying informed: apparently not one of Oprah's favourite things.

While ex Robin Wright got engaged to Ben Foster, Sean Penn made out with Charlize Theron and Robin and Sean's daughter Dylan was seen canoodling with Steven R. McQueen (who is, FYI, the grandson of Steve McQueen). Robin and Sean's son Hopper was



all like, "And you wonder why I never, ever leave the house."

Jessica Simpson's sister Ashlee got engaged to Diana Ross' son Evan. Said the Wright-Penns, "That's cute. Whatever."

Modern Family's Sarah Hyland says that Taylor Swift is "just the most down-to-earth person." "Except," she continues, "Taylor's

earth is made from the ground-up, cursed bones of her ex-boyfriends. And it is, of course, covered in carpets woven of gold-thread and fake self-deprecation."

Justin Bieber's silly egging incident has clearly been blown completely out of proportion. Can't a man-boy visit his neighbour and offer him a nice, warm plate of Eggs Biebertdict without being accused of a crime?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Madonna

Madonna's Instagram quips not really in Vogue

Madonna can't seem to win when it comes to Instagram and her 13-year-old son, Rocco Ritchie. The singer is on the defensive again, apologizing for poor word choice in the caption of a photo of her son boxing. "I am sorry if I offended anyone with my use of the N-word on Instagram. It was not meant as a racial slur.

I am not a racist," she said in a statement over the weekend. "There's no way to defend the use of the word. It was all about intention. It was used as a term of endearment toward my son, who is white. I appreciate that it's a provocative word and I apologize if it gave people the wrong impression. Forgive me."



Joe Jonas ALL PHOTOS GETTY IMAGES

From pop star to cabbie

In today's edition of "One-Time, Sort-of Celebrities: Where are They Now?" Joe Jonas is currently driving a taxi in Los Angeles. For real. It seems Joe couldn't rest on the laurels of any Jonas Brothers residuals (probably because there aren't any) after the boy band broke up a few months back, and had to get a real job — a real job driving an Uber cab in L.A.

Twitter user @lindseyfarwell and some friends ordered a cab through the popular Uber taxi app last Thursday and got the mild surprise of a lifetime when the driver of their cab turned out to be the one-time boy band star.

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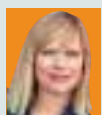


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Trip, interrupted



IT'S ALL
RELATIVE
Kathy Buckworth
Kathybuckworth.com

Extreme weather conditions across the country have resulted in record numbers of airport shutdowns, cancelled

flights and disgruntled travelers scrambling to salvage their anticipated vacations.

Throw in a family member with the flu and justifying the purchase of trip interruption or cancellation insurance becomes easy.

Prices vary, but usually this type of insurance has a reasonable cost compared to the potential lost value of the vacation. Let's see.

Coverage: trip cancellation

(for medical reasons), trip interruption, meals and accommodation, (trip) transportation, missed connection benefit, travel delay (per day max.), delays of your scheduled carrier, next occupancy. Coverage can vary so check your insurance provider's policy.

Cost: Depending on the price of your trip, where you are travelling, and what you

choose to cover within the policy. It is typical for the insurance company to cap the value of your vacation at a certain amount.

Where to buy it: It can be as easy as going online. Visit pcinsurance.ca to get a quick quote, and purchase insurance immediately. Out of country medical is also offered. **KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU.**

Exclusively online



Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, bestselling book *Reasons Mommy Drinks* at metronews.ca/voices.

Teens baring their souls online

Mental health. From YouTube videos to tweets, teens are sharing thoughts and feelings with strangers. But is that a good idea?

Chiara de Blasio helped get her dad elected mayor of New York City. But recently, the 19-year-old did something else: She bared her soul on YouTube about her battle with depression and substance abuse. The idea, she said, was to urge others to get help.

Today's teens are notorious over-sharers on social media, but does Chiara's revelation symbolize something else? What inspires young people to publicly disclose their depression, drinking and drugging, eating disorders or struggles against suicidal thoughts?

"I think in general that it's healing for people to be honest. I also think in the admissions context that it's very challenging and problematic. I would advise a child to go very gingerly," said Carol Barash, founder and CEO of Story to College, a Manhattan-based non-profit that has worked with thousands of students on how to shape personal narratives for college es-



As more teens share personal issues online, experts warn them to be cautious in what they reveal. ISTOCK

says and scholarships.

"There's a difference between telling your friends and the whole world," she added. "Most kids don't have a PR team to help them through what could happen (and) all the fallout from doing that brave, courageous thing."

Something between 13 and 20 per cent of kids and

adolescents in the U.S. aged three to 17 experience a broad range of mental disorders in a given year. Those numbers appear to be increasing, according to a recent report from the Centers for Disease Control and Prevention, which looked at data over multiple years from multiple sources.

Suicide, for youth aged 12

to 17, was the second leading cause of death in 2010, the report said.

"We are seeing more public disclosure," said Cheryl Rode, senior clinical director for the non-profit San Diego Center for Children, which is under contract to provide services through San Diego County.

"Some of it is because of

the movement of social media but some of it is also within the field of mental health. There's a large focus on stigma reduction," she said. "Many teens feel like they're the only ones experiencing whatever it is they're going through, and so when others are speaking up, it makes it a little bit safer. Talking about mental health is really important."

But talking to whom? That, she said, is an "individual and personal decision" that should definitely include parents.

"Most kids, when they're sharing, are sharing more impulsively," Rode said. "I would not say parents should encourage publicizing to a mass audience their youth's mental health status. You lose control of it. Disclosing in a more limited personal way is a better way of building support."

While trying to lessen stigma over mental health diagnoses and substance abuse, Los Angeles child and adolescent psychiatrist Anandhi Narasimhan also cautions that public disclosure remains risky for young people, especially when "coming out" at school or in the college admissions process.

"It depends on the admissions committee and who reads the essay. You just don't know," she said.

THE ASSOCIATED PRESS

Talking breast cancer

EMILY
LAURENCE

Metro World News in New York City

It's safe to say that pretty much every pre-teenage girl is self-conscious about her bra size, and doesn't want to talk about it.

Any discussion with the word "breast" is likely to make your daughter squirm with discomfort, but if having such discussions about breast cancer helps lower her risk of being among the

one in eight women diagnosed with it, then they are definitely worth having.

The advocacy group Nourish Our Girls teamed up with the snack SuperSeedz to educate adolescents on how they can reduce their risk of getting breast cancer later in life. Their research has found making smart food choices is key.

"It is almost unbelievable that there is so little awareness about just how critical early diet and nutrition can

be in reducing breast cancer risk," says nutritionist Nicole Larizza.

Establishing good eating habits early in life is crucial, which has obvious benefits that extend beyond lowering one's risk of developing breast cancer.

Talk with your daughter about how making healthy choices when it comes to her snacks or school lunch will lower her odds of becoming a victim of the fourth leading cause of death in the U.S.



Talking about breast cancer is vital to raising awareness. ISTOCK

3
THE

Put Fettuccine Alfredo on a diet and get rid of almost half its calories



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FLASH FOOD



From your fridge
to your table in
30 minutes or less

Ingredients

- 8 oz raw boneless, skinless, chicken breast
- 1/2 lb fettuccine
- 1 cup low-sodium cold chicken (or vegetable) stock
- 3/4 cup evaporated 2% milk
- 1/2 tsp Dijon mustard
- 1/2 tsp pepper
- 1 tsp finely chopped garlic
- 2 tbsp all-purpose flour
- 1/4 cup diced light cream cheese
- 6 tbsp grated Parmesan cheese
- 1 cup sliced snow peas
- 1 cup sliced yellow bell pepper
- 2 tbsp chopped fresh basil

Directions

1. In a grill pan or 400 F oven, cook the chicken breast for about 10 minutes or just until it reaches 160 F or is no longer pink. Let cool



**TOTAL TIME
ABOUT 22
MINUTES**

This recipe serves four. ROSE REISMAN

Nutritional information

Per serving

- Calories. 410
- Carbohydrates. 55 g
- Fibre. 2.9 g
- Protein. 18 g

- Total fat. 7 g
- Saturated fat. 3.4 g
- Cholesterol. 45 mg
- Sodium. 244 mg

then slice thinly.

2. While the chicken is cooking, bring a large pot of water to a boil. Add the fettuccine and cook for 8 to 10 minutes or until just tender. Drain and place it in a large serving bowl. Cover to keep warm.

3. Meanwhile, in a saucepan off the heat, combine the stock, evaporated milk, mustard, pepper and garlic. Slowly whisk in the flour until smooth. Place the saucepan over medium heat and bring to a slight boil. Reduce the heat and simmer, whisking constantly, for 4 to 5 minutes or until slightly

thickened. Remove from the heat and whisk in the cream cheese and 4 tbsp of the Parmesan cheese, whisking just until the cheese is melted. Set aside.

4. Lightly coat a nonstick skillet with cooking spray and set over medium-high heat. Add the peas and bell

pepper and sauté for 2 minutes or until warm but still crisp. Add to the cooked fettuccine, pour the sauce over the pasta along with chicken and toss. Garnish with the remaining Parmesan cheese and basil. Serve immediately.

THE BEST OF ROSE REISMAN (WHITE-CAP BOOKS) BY ROSE REISMAN

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Browned Butter Mushroom Ravioli

1. Put pot of lightly salted water on to boil for pasta.

2. In skillet, melt butter over medium-high heat. Add sage. Cook, swirling pan occasionally, until butter turns brown. Remove skillet from heat. Place sage leaves on couple layers of paper towel to drain. Reserve 1 tbsp of the browned butter.

3. Return skillet to medium heat. Sauté garlic in browned sage butter until soft. Add mushrooms and increase heat to medium-high, adding pinch of sea salt and generous grinding of fresh black pepper. Cook

mushrooms until soft, 5 minutes. Stir in thyme and cream, and cook until cream has thickened, 2 minutes. Keep warm on low while you tend to pasta.

4. When water boils, cook pasta to al dente. Drain pasta being careful not to tear it.

5. Set out four plates and place one sheet of pasta in the middle of each. Spoon 1/4 of the mushroom mixture on eat sheet of pasta and sprinkle with 1 tablespoon of Parmesan. Top with a second sheet of pasta. Drizzle with some of the browned butter. Garnish with a fried sage

leaf. A dusting of more freshly ground pepper is nice. Serve.
NEWS CANADA/ MUSHROOMS.CA.

Ingredients

- 1/4 cup butter
- 4 large sage leaves, whole
- 1 clove garlic, minced
- 4 cups sliced mushrooms
- 1 pinch fine sea salt
- freshly ground black pepper
- 2 sprigs thyme, leaves removed
- 2 tbsp heavy cream (35%)
- 8 sheets pasta sheets (about 4 inches square)
- 1/4 cup grated Parmesan

Study up on saving

Cash on campus. Structures like an envelope system and spending diary create ways to curb the splurge

VICKI
SALEMI
Metro World News

The good news: there's no time like the present to start getting into healthy spending habits and paying attention to your bank account right here, right now. The bad news? With an abundance of options to spend, spend, spend on campus, university life can become a ripe environment for negative cash flow.

But it doesn't have to become your story. There are several strategies to get a hold of your finances as a student. If your hall mates order out every night and you can't afford to do the same, Stacy Francis, president and CEO of Francis Financial, suggests bringing your own food to those dorm dinners. "If anyone asks," she



Enjoying time with your friends doesn't need to be expensive. ISTOCK

says, "let them know that you are saving up for a special trip or purchase."

Another habit is a spending diary. Francis says this is particularly helpful when you start tracking expenses to create a budget. It's just what you think it is: Track everything you spend and then analyze the month.

Francis advises, "Review your spending patterns and figure out where you could cut costs and where you can afford more leeway." Seeing how much money's being spent on restaurants, clothes and other items could be surprising. Francis says "having a big picture view of how you spend is very effective and necessary."

Plus, you can always kick it old school. Francis suggests

Toonie-saving tips

- Utilize your pre-paid meal plan.
- Use cash for everything.
- Buy used books.
- Stock up on groceries and snacks when you're home.
- Suggest less expensive ways to hang out with friends like working out instead of going to the mall.

the envelope system. At the beginning of every month, make a budget and put specific amounts of money into envelopes that you've allotted for various categories like clothing, dining out and entertainment. As soon as the envelope is empty, it's lights out for that category. If you budgeted \$200 for groceries and only use that envelope of cash for the supermarket, as soon as that \$200 has whittled away, you can't spend more on groceries that month.

'Round the world wisdom

The fastest members do not the quickest team make

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM
THE DESERT
Stéfán Danis
life@metronews.ca

Desert ultra-marathons can be entered either solo or as part of a team. The race is the same for both except for the fact that teams must have at least three members, they must start and finish the race together, and stay within 10 metres of each other at all times.



Look to the turtle when your road gets rough. ISTOCK

During the Gobi's team race, less gifted runners won the battle because they acted as a single cohesive unit.

The challenges that accompany team running are obvious. At no time can you run your own race. You are constantly running at someone else's pace: whoever is weakest at that moment. Having run two deserts as part of a team, I learned that one must let go of individuality and put the team first. Although a simple concept, it is

difficult to adhere when experiencing pain and suffering while your innate survival instinct of every-person-for-onself begs you to take over.

The winning team in the Gobi race was appropriately called Team Cohesion. They had an established leadership system, conflict resolution protocols and a high level of trust. Every breakdown was dealt with according to their pre-race agreement, minimizing the emotional responses one can make when under duress.

Cohesion was a team. Almost all the other teams, some vastly superior in skill, imploded and didn't finish. They ultimately became a group of individuals unable to handle setbacks or alter their expectations of each other.

When taking on a complex team-based project, consider having a contract of expectations with each member so you can finish and possibly win together.

STÉFÁN DANIS IS THE CEO OF NEXCA-REER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

SALES REPRESENTATIVE

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

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- Media sales in real estate, and home related businesses is an asset

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than January 24th, 2014. PLEASE QUOTE: "Sales Representative - Winnipeg" in the subject line. All submissions will be treated as confidential.

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Tom Brady congratulates Peyton Manning after the Broncos defeated the Patriots 26-16 in Denver Sunday to move on to the Super Bowl. KEVIN C. COX/GETTY IMAGES

Manning delivers KO punch to Brady bunch

NFL playoffs. QB leads Broncos to Super Bowl for a shot at 2nd ring

Peyton Manning had an answer for everyone. What's new?

For Tom Brady. For the New England defence. For anyone who thought he couldn't win the big one.

Manning is taking the Denver Broncos on a trip to New York for the Super Bowl after another of his impeccably crafted victories — this time, a 26-16 win over the Patriots on Sunday in the AFC title game.

Less than three years after

AFC championship

26 **16**
Broncos Patriots

being unable to throw a football because of his surgically ravaged neck and nerve endings, Manning will get a chance for his second ring. He'll try to become the first quarterback to win one with two different teams, at the Meadowlands on Feb. 2 against either Seattle or San Francisco.

NFC championship

Russell Wilson threw a 35-yard TD pass on fourth down and Seattle's top-ranked defence forced two late turnovers, lifting the Seahawks into their second Super Bowl with a 23-17 victory over the San Francisco 49ers on Sunday.

"It's very rewarding when you put a lot of hard work into the off-season and the regular season and it pays dividends with a huge win," Manning said.

After taking the final knee,

Manning stuffed the football in his helmet and ran to the 30-yard line to shake hands with Brady. The Indy-turned-Denver quarterback improved to 5-10 lifetime against New England's QB, but 2-1 in AFC title games.

Manning set up four field goals by Matt Prater and put his stamp on this one with a pair of long, meticulous and mistake-free touchdown drives in which nothing came cheap.

The thought this week was that Bill Belichick's Patriots were playing with house money, having well exceeded expectations for a team that lost a number of stars and has been plagued by injuries all year. **THE ASSOCIATED PRESS**

Australian Open

Historic win lands Bouchard in quarter-finals

Eugenie Bouchard became the first Canadian in 22 years to reach the quarter-finals of a Grand Slam on Sunday by beating Casey Dellacqua 6-7 (5-7), 6-2,

6-0 at the

Australian Open.

The

19-year-old from

Montreal is the first

Canadian since Patricia Hy-

Boulais at

Eugenie Bouchard
THE ASSOCIATED PRESS

the 1992 US Open to get this far at a major.

Seeded 30th, the victory could move Bouchard to as high as 21st on the WTA rankings. The last Canadian to rank in the Top 30 was Aleksandra Wozniak (week of October 26, 2009 in 30th).

With the victory, Bouchard set up a match on Tuesday with former world No. 1 Ana Ivanovic, who ended Serena Williams' 25-match winning streak Sunday.

THE CANADIAN PRESS

Hockey-bashing

"Calgary and Vancouver last night reiterated why the NHL is a minor sport."

Baseball analyst Peter Gammons on Twitter after a fight-filled Calgary Flames-Vancouver Canucks game Saturday night, which saw over 200 minutes of penalties and eight game misconducts, and featured altercations on and off the ice.

Curlers look for upper hand at Continental Cup



Jennifer Jones GETTY IMAGES FILE

The time for scouting is over. Brad Jacobs is using the Continental Cup to make sure his team is ready for the tournament that really matters.

Jacobs, who will represent Canada at the Olympic Games in Sochi, Russia next month, said he's just trying to prepare his team for curling's biggest stage.

Watching what other teams are up to isn't on the Sault Ste. Marie, Ont., native's agenda.

"We've played them before," said Jacobs on Sunday. "We focus on our game. Every-

Quoted

"The Canadian team is obviously a really good team, but we're going to have to make them work for it in Sochi when they meet Norway."

Norway's Thomas Ulsrud, who captured silver at the 2010 Winter Games in Vancouver.

one's throwing the rock well right now, that's the main thing for our team. I really like what I see as skip from the other end."

Jacobs was joined at the Continental Cup on the women's side by Winnipeg's Jennifer Jones, who will also

go to Sochi for Canada.

"We couldn't have asked for more or for it (the week) to go any better," said Jones. "We just feel real good with the ice and how we're playing heading into Sochi."

While some participants felt it was beneficial to play

the Olympic contenders, Jones said she didn't get many new tips about her Olympic opponents because of the mixture of matches including traditional games, mixed doubles, singles and skins play.

"We know these teams really well. You know what to expect and you know you're going to have to play great to beat them," said Jones. "We've been training really well and feel like everything's going according to plan which is exactly what you want it to be heading into the Olympics."

THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

Whatever you're working on now will get done quicker if you get others involved — as equals. It may be your vision, but don't let your ego get in the way of success.

Taurus

April 21 - May 21

Cosmic activity in the career area of your chart will do your reputation good over the next few days, so put your doubts behind you and show the world you have what it takes.

Gemini

May 22 - June 21

You may be tempted to bend the rules but if you do you will regret it towards the end of the week when Mercury, your ruler, squares up to Saturn. One of the best times of the year is beginning. Don't cut corners.

Cancer

June 22 - July 23

It's a vital time for money matters, so think before you act and act only in your own best interests. You will, however, have to work closely with others. You won't get where you want to go on your own.

Leo

July 24 - Aug. 23

For the next few weeks, the Sun will be moving through your opposite sign of Aquarius, so opposition is to be expected. Make things easy for yourself: take others' needs and wishes into consideration more often.

Virgo

Aug. 24 - Sept. 23

Do what it takes to stay healthy and whole. If you don't you will find yourself under increasing physical, mental and emotional pressure as your workload increases and energy declines.

Libra

Sept. 24 - Oct. 23

If there is something artistic you have been thinking of trying, now is the time. With the Sun moving into the most dynamic area of your chart, you will make a name for yourself.

Scorpio

Oct. 24 - Nov. 22

Try to be more sensitive when dealing with emotional issues that involve others. The thing to remember is that some people are quite fragile. So, if they burst into tears, you're doing it wrong!

Sagittarius

Nov. 23 - Dec. 21

The pace of life is going to quicken over the next few days and you will have a lot of fun seeing how fast and how far you can go. But don't go so fast and so far that you risk having an accident. Pace yourself.

Capricorn

Dec. 22 - Jan. 20

The Sun is moving into the area of your chart that governs material things, which means it is time to consolidate the gains you have made since the start of 2014. Fortunately, you're not the sort to give anything away.

Aquarius

Jan. 21 - Feb. 19

The Sun moves into your birth sign today, heralding the start of a busy and fun time in your life. The things you do over the next few weeks will determine the level of success you enjoy over the few years.

Pisces

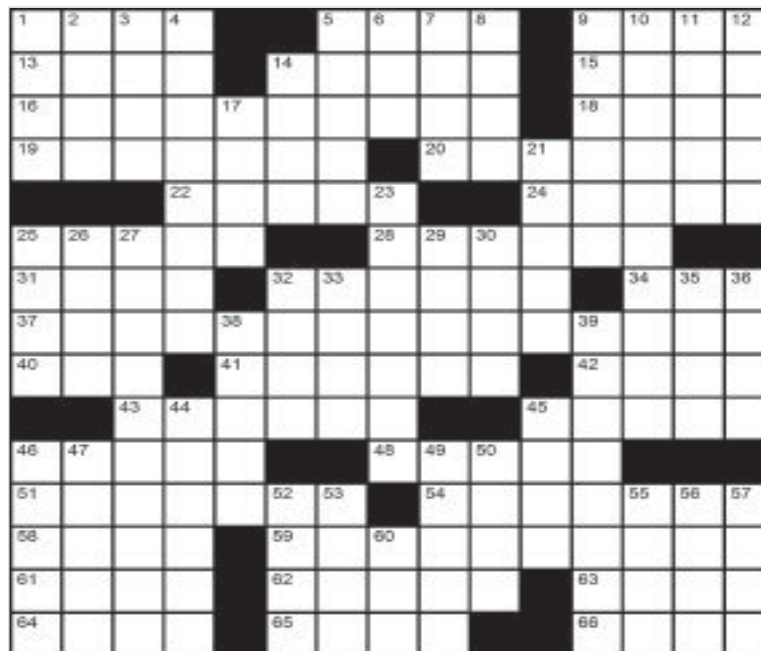
Feb. 20 - March 20

What happens over the next few days will make you less likely to crack under pressure in the future. Short-term difficulties will lead to long-term gains. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Folk classic: "____ Darling Clementine"
5. Criminally puncture
9. Mr. Vigoda's
13. US music trade org.
14. The Way of the Sword
15. Beachy mound
16. Library and Archives Canada: 395 ____ Street, in Ottawa
18. 'Eight'-meaning prefix
19. 'The Energy City' in Saskatchewan
20. Beach swimmer's device
22. Root veggies
24. Bar beverages
25. React to trying icky-tasting food: 2 wds.
28. Most peculiar
31. Had ____ (Lost it)
32. Dressy wear
34. Prune
37. Wild West's taking-matters-into-one's own hands: 2 wds.
40. Nourished
41. Trousers measurement
42. "____!" (Anthem opener)
43. Town in southwestern Manitoba
45. TV: "How'd You ____ Rich?"
46. Rainforest, for



- one
48. Enjoy the meal: 2 wds.
51. Debit card service in Canada
54. Wander about
58. Industrial region of Germany
59. "____ Canada" on CTV
61. Little bit of residue
62. Notions

63. Bruce Lee's role on '60s action series "The Green Hornet"
64. Wither
65. NB island in the Bay of Fundy, ____ Island
66. 'Gang' suffix

Down

1. "Say as he says, ____ shall never go." - Hortensio, The

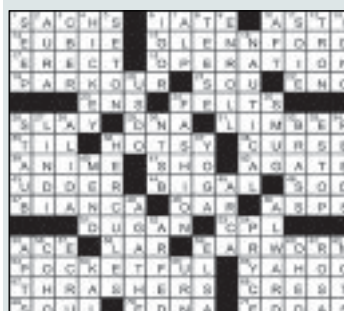
- Taming of the Shrew, Act IV, Scene 5
2. Cowboy's commands
3. Brewery ingredient
4. Trendy district of Vancouver
5. Music repetition mark
6. Mtn. blaster
7. Stirs
8. Beethoven's birthplace

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

26. Land lot
27. Jann Arden song: 2 wds.
29. Vu's partner
30. ____ up business
32. Finished: French
33. 'Air' suffix (Most breezy)
35. Wood sorrels
36. The Smurfs creator
38. Travertine placer
39. Figure skates have them, but hockey skates don't: 2 wds.
44. Come forth
45. Thickening gum
46. Chirpers
47. Habituate the hard way
49. Petal product in perfumery
50. CEO
52. In the centre of
53. 'Motor' suffix
55. Excellent, slang-style
56. Mediterranean resort of France
57. '____' Effort
60. Determine

Friday's Crossword

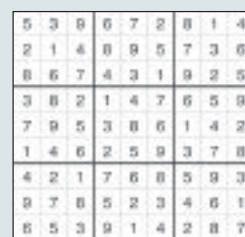


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: -23°
MIN: -26°

TUESDAY



MAX: -16°
MIN: -26°

WEDNESDAY



MAX: -23°
MIN: -28°



JENNA KHAN WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



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